

DISCIPLESHIP JOURNEY WORKBOOK

Discipleship is the personal, individual journey of following Jesus, one step at a time.

We want Exeter Vineyard Church to encourage and support people on their discipleship journey.

This will be different for everyone, so this workbook is to help people reflect, understand and participate in their own journey with Jesus.

To help us define discipleship we split it into the impact on three areas:

- Our connection to God
- Our whole life
- The overflow to people and situations around us.

Since discipleship is God's plan for us, we've organised our church activities and rhythms to help us experience well-rounded encouragement to our growth as disciples.

It can be helpful to think about the different environments we find ourselves in and how God is at work differently in each. We define four environments:

- The Sunday Service
- Hubs
- Discipleship Groups
- Our everyday life.

This document's designed to help us think about our discipleship journey, by considering how the three areas are being impacted by each environment. For each area we have put three suggestions.

The key phrase is *"I am increasingly..."*

Discipleship is the journey of transformation towards the person God created you to be. There are no tick boxes or finish line.

This booklet aims to help you celebrate what God has been doing, identify where you might be a bit stuck and invite God to prompt you about what he wants to do in and through you over the coming year.

USING THIS BOOKLET

We've designed this to be used as a reflective exercise. Ideally try find some time and space to work through it as a prayerful activity you do with God.

Think about one environment at a time. Each is a separate exercise. As you work down the statements on the grid think about Past, Present and Future.

- **Past:** is this an area where God has been working and you have something to celebrate?
- **Present:** is there something you can do to cooperate with God?
- **Future:** is there an area you feel is a bit stale or stuck? Is God prompting you to focus on this in your prayer and actions?

You can write any thoughts, ideas, actions or prayers in the right hand column. **Don't feel you have to comment in every box!** Just make a note where you feel there is something worth writing that might be a God-prompt.

For environments like Hub and Discipleship Group it would be good to look at that environment together with others.

SOME EXAMPLES TO GET YOU THINKING:

God

I am increasingly expectant I will meet God here [that is, in the Sunday Service / in Hub / in my Discipleship Group / in my everyday life]

- Are you going just in the habit of being in this environment or are you increasingly excited about the possibilities of what God might do?

I am increasingly discovering who God is and what he is like

- Is this environment stretching your understanding of God? Are you learning more about him here?

I am increasingly intentional & proactive about pursuing God here

- In this environment are you re-active to whatever is going on or are you trying new ways to connect with God, especially where you might be complacent or things are a bit stale?

Whole Life

I am increasingly seeing God's involvement in all areas of my life

- Is this environment helping you see God's interest and participation in your whole life?

I am increasingly seeing my character be transformed

- Is being part of this environment helping you change? How are your reactions to things different? Are you becoming a bit more like Jesus?

I am increasingly being stretched out of my 'default' life

- The default life is one you would live in your own strength, ideas and values? Is God's involvement through this environment enlarging your life with his strength, ideas and values?

Overflow

I am increasingly noticing Kingdom opportunities around me

- Jesus says we are lights, placed where we are by God to shine his light. Is this environment helping to open your eyes to see possibilities in your everyday life?

I am increasingly caring for others

- In and through this environment are you growing more selfless and taking opportunities to love others in actions? This might include inviting people to things. It could include starting new Discipleship Groups or Hubs.

I am increasingly being open about my faith

- Is this environment helping you be more able to tell other people about your faith and the difference it makes to you? Are you more secure and less worried about their reaction?

EVERYDAY LIFE

		Past - Present - Future
GOD	I am increasingly expectant I will meet God here	
	I am increasingly discovering who God is and what he is like	
	I am increasingly intentional & proactive about pursuing God here	
WHOLE LIFE	I am increasingly seeing God's involvement in all areas of my life	
	I am increasingly seeing my character be transformed	
	I am increasingly being stretched out of my 'default' life	
OVERFLOW	I am increasingly noticing Kingdom opportunities around me	
	I am increasingly caring for others	
	I am increasingly being open about my faith	

DISCIPLESHIP GROUP

		Past - Present - Future
GOD	I am increasingly expectant I will meet God here	
	I am increasingly discovering who God is and what he is like	
	I am increasingly intentional & proactive about pursuing God here	
WHOLE LIFE	I am increasingly seeing God's involvement in all areas of my life	
	I am increasingly seeing my character be transformed	
	I am increasingly being stretched out of my 'default' life	
OVERFLOW	I am increasingly noticing Kingdom opportunities around me	
	I am increasingly caring for others	
	I am increasingly being open about my faith	

HUB

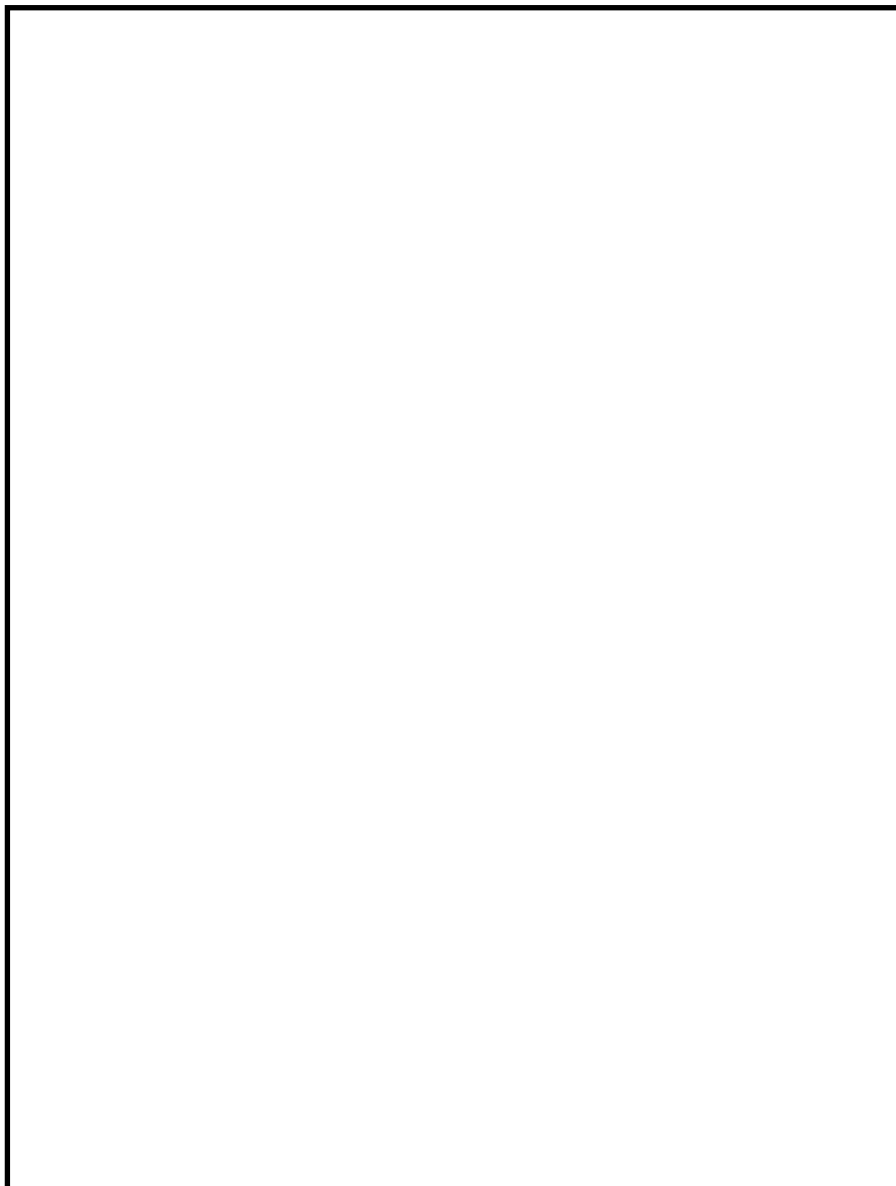
		Past - Present - Future
GOD	I am increasingly expectant I will meet God here	
	I am increasingly discovering who God is and what he is like	
	I am increasingly intentional & proactive about pursuing God here	
WHOLE LIFE	I am increasingly seeing God's involvement in all areas of my life	
	I am increasingly seeing my character be transformed	
	I am increasingly being stretched out of my 'default' life	
OVERFLOW	I am increasingly noticing Kingdom opportunities around me	
	I am increasingly caring for others	
	I am increasingly being open about my faith	

SUNDAY SERVICE

		Past - Present - Future
GOD	I am increasingly expectant I will meet God here	
	I am increasingly discovering who God is and what he is like	
	I am increasingly intentional & proactive about pursuing God here	
WHOLE LIFE	I am increasingly seeing God's involvement in all areas of my life	
	I am increasingly seeing my character be transformed	
	I am increasingly being stretched out of my 'default' life	
OVERFLOW	I am increasingly noticing Kingdom opportunities around me	
	I am increasingly caring for others	
	I am increasingly being open about my faith	

SUMMARY

What do you feel God is prompting you to do, consider and pray about for the year ahead? Try to give yourself some specific actions - perhaps a couple of big ones and a few small ones.

A large, empty rectangular box with a black border, intended for the user to write their summary of actions for the year ahead.